

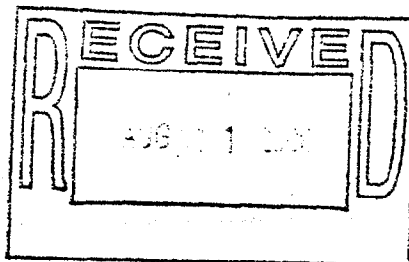
JARROW FORMULAS, INC.
SUPERIOR NUTRITION
AND FORMULATION

1824 South Robertson Boulevard
Los Angeles, CA 90035-4317
(310) 204-6936
Toll Free (800) 726-0886
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Division of Compliance and Enforcement/ONPLDS
Center for Food Safety and Applied Nutrition
Food and Drug Administration
HFS-810
200 C Street, S.W.
Washington, DC 20204
202-205-5229

July 25, 2000



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Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section of 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

(1) Name of Address of distributor:

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

(2) Text of the statement(s):

Melatonin is a hormone secreted by the pineal gland that aids biorhythm regulation. Biorhythm is disturbed by stress, crossing time zones and changing work shifts. Melatonin production also declines with age. Vitamin B6 aids melatonin metabolism.

(3) Name of the dietary ingredient(s) if not provided in the text of the statement:

melatonin

(4) Name of the dietary supplement(s)

Melatonin 3 mg.- 120 capsule count

Melatonin 3 mg.- 60 capsule count

Melatonin Sustain 3 mg.- 120 tablet count

Melatonin Sustain 3 mg.- 60 tablet count

(5) The following disclaimer appears on the label in bold: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

Siddharth Shastri, CCN

Vice President, Director of Product Development
Licensed Dietitian/Clinical Nutritionist, #002378
(by the University of the State of New York, State Board of Education)
Desktop.dailywork.Melatoninssustrucfunc.word

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